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ACTIVITY: EMOTIONAL INTELLIGENCE

Suggestions for Presenters

1. Distribute the *Self-Reflection Emotional Intelligence Leadership Competencies* handout and ask participants to discuss the handout in small groups or with a partner. If the group is large or if time permits, give each group one of the four areas: self awareness, self management, social awareness, and relationship management. Ask each group to discuss the assigned topic and be prepared to report highlights of the discussion to the large group.
2. Distribute *Emotional Intelligence Strengths and Gaps*. Ask participants to look at the events on the timeline they developed in the previous activity and identify where their attitudes, behaviors, and values demonstrated strengths in the four categories of emotional intelligence. Where were gaps?
3. Ask groups to choose a partner to discuss the identified strengths and gaps.

Handouts

Self-Reflection Emotional Intelligence Leadership Competencies
Emotional Intelligence Strengths and Gaps

Resource

Collaborative Leadership. (2004). *Collaborative leadership: Self reflection: Participant's guide*.
www.collaborativeleadership.org/pages/curriculum/manual_sections/SR_participants_guide.pdf